Uncle Sam's Guides to Health

A Selected List of Popular Health Leaflets published by the United States Public Health Service

TREASURY DEPARTMENT
THE UNITED STATES
PUBLIC HEALTH SERVICE

Miscellaneous Publication 20

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INTRODUCTION

Experience has thoroughly demonstrated that the prevention of disease is both far easier and much more effective than is the cure once the disease becomes established. Every one, therefore, will welcome a series of authoritative leaflets written in simple nontechnical language which give clear directions dealing with all the important phases of preventive medicine. In the following pages a list is given of the popular health bulletins issued by the United States Public Health Service. This list was prepared especially for the information of soldiers, sailors, marines and nurses discharged from military duty, and is designed to help those who are ill to regain health and strength and to stimulate the interest in public health matters, awakened during their service with the military forces. Copies may be obtained free of charge by writing to the

SURGEON GENERAL,
UNITED STATES PUBLIC HEALTH SERVICE,
WASHINGTON, D. C.

Uncle Sam's Guides to Health

The Road to Health. (Keep Well Series No. 1, 16 pages.)

There is nothing mysterious about the prevention of sickness. This pocket-size pamphlet points the way to health in simple, everyday language and gives eighteen helpful rules of hygiene whose regular observance will prove of very material benefit.

Common Colds. (Supplement No. 30, 4 pages.)

Colds are unquestionably the most prevalent disease in America and are attended by large economic loss. Colds are prevented easier than cured if a person only learns how.

Whooping Cough. Its nature and prevention. (Reprint No. 100, 6 pages.)

Whooping cough is one of childhood's common ailments and one that by no means can be considered trivial. This leaflet is written for the general public rather than the medical profession.

Tuberculosis. Its nature and prevention. (P. H. Bulletin No. 36, 16 pages.)

Tuberculosis usually begins most insidiously and many people do not know the warning signs or realize their danger. This illustrated booklet points the way to health.

How to Avoid Tuberculosis. (Keep Well Series No. 3, pocket size, 8 pages.)

The white plague's toll, 150,000 lives annually, would be materially reduced if each person knew his danger and how to combat it effectively. This is literally the ounce of prevention.

Measles. (Supplement No. 1, 8 pages.)

Measles affects more than a million people in the United States each year. Because of the high mortality, especially in young children, and the serious consequences following an attack, the disease is of prime importance as a health problem. Learn how to prevent it.

Diphtheria. (Keep Well Series No. 4, pocket size, 16 pages.)

Diphtheria ranks high in child mortality in spite of remarkable advances in curing and of known ways of preventing it. Ignorance on the part of parents is its greatest ally. This gives the facts.

Scarlet Fever. Its prevention and control. (Supplement No. 21, 18 pages.)

Everyone should be familiar with the facts in this book for there is yet no specific remedy for scarlet fever, and chief reliance, therefore, must be placed on prevention.

Typhoid Fever. Its causation and prevention. (P. H. Bulletin No. 69, 22 pages.)

Medical research has solved most of the mystery once surrounding this deadly disease, its cause, treatment, and prevention. The menace, however, will not disappear until the public avails itself of the facts.

The Transmission of Disease by Flies. (Supplement No. 29, 20 pages, illustrated.)

Swatting the fly is forever popular. Do you know the kinds of flies and the diseases they spread? This pamphlet is a liberal education on "flyology" for the school child or layman.

Safe Disposal of Human Excreta. (P. H. Bulletin No. 68, 28 pages, illustrated.)

An invaluable guide to rural sanitation so far as this most important problem is concerned. Should be read by every farmer and rural dweller.

Sewage from Single Houses. (Reprint No. 504, 8 pages, illustrated.)

Every farm or dwelling, located far beyond municipal sewerage lines may be made sanitary if the directions in this book are followed.

Good Water for Farm Homes. (P. H. Bulletin No. 70, 16 pages.)

Farm water is frequently and needlessly exposed to disease-breeding contamination. This book, with illustrations of sanitary well construction and location, shows how to prevent this.

Malaria Primer. Lessons on its causes and prevention. (Illustrated, 20 pages.)

Education is the most important factor in preventing the "Scourge of the South," which affects nearly eight million persons annually. This is a popular catechism on the causes and prevention of malaria, and is especially designed for use in schools.

Malaria, Prophylaxis of. (Reprint No. 454, 8 pages.)

Quinine is almost as effective in making a person immune to malaria as vaccination is against typhoid. Every person in malarial districts should learn how to use it.

Malaria, Prevention of. (With special reference to screening.) (Reprint No. 170, 8 pages.)

Malaria can't get in if you keep the mosquito out. This leaflet with explanatory illustrations, tells how to screen a dwelling properly.

Oiling as an Antimosquito Measure. (Reprint No. 260, 12 pages.)

Oil is the deadly enemy of the mosquito. These pests are not only responsible for malaria but are quite a nuisance otherwise. Learn how oil kills them.

Safe Milk. An important food problem. (Supplement, No. 31, 24 pages.)

Milk is not only one of the most important foods but at times it may be one of the most dangerous. Impure milk annually ushers thousands of infants to an untimely grave. Every one should understand the relation of milk to disease and how to make milk safe.

Safe Milk for the Small Town. (Reprint No. 497, 8 pages.)

City laws quite frequently guarantee to the consumer a milk that is bacteriologically pure. The small town often lacks this defense. This book tells how to solve the problem in an easy way.

Motherhood. (Keep Well Series No. 8, 8 pages.)

A pamphlet giving helpful advice to the expectant mother.

Breast Feeding Her Baby. (Keep Well Series No. 9, 8 pages.)

Important points to be remembered by all mothers when caring for their babies.

Bottle Feeding for Babies. (Keep Well Series No. 10, 8 pages.)

A concise guide for mothers in a difficult and important subject.

The Care of the Baby. (Supplement No. 10, 14 pages.)

Ignorance on the part of parents sends thousands of infants to their graves each year. This book was prepared for the mother by a committee of the American Association for the Study and Prevention of Infant Mortality.

The Summer Care of Infants. (Supplement No. 16, 16 pages.)

Summer is a sore trial for mothers with young babies. Most of the many infants dying each year die during the warmer months. This is a helpful booklet in preventive medicine and proper feeding.

Homemade Milk Refrigerator. (P. H. Bulletin No. 102, 4 pages.)

This contains illustrations and a description showing how to make an excellent milk refrigerator at home. Especially important when baby is bottle-fed.

Adenoids. (Keep Well Series No. 2, pocket size, 8 pages.)

Ten per cent of all children are handicapped with adenoids, frequently the cause of many grave subsequent developments. Every parent should know what adenoids are and what to do. Give the child a chance.

Cancer. Important facts with which every adult should be familiar. (Keep Well Series No. 4, pocket size, 16 pages.)

In the absence of a specific remedy for cancer it is imperative that the general public learn to appreciate the importance of early recognition and the need for promptly seeking competent medical advice. The facts presented in this pamphlet represent the concensus of the best medical opinion.

Keeping Fit. (V. D. No. 1, 16 pages.)

Man Power. (V. C. No. 6, 16 pages.)

The Parents Part. (V. D. No. 32, 16 pages.)

Three well-considered pamphlets dealing with the important subject of venereal diseases. Others can be obtained on application.

Exercise and Health. (Supplement No. 24, 8 pages.)

This is especially designed for the business man. Most men get too little exercise and suffer too much mental strain. Every person could change this without inconvenience. Learn how.

Indoor Tropics. (P. H. Report Supplement No. 2, 8 pages.)

There are as many pitfalls to health in the overheated dwelling, school, or office building as there are in the tropics. Do you know what is the proper temperature for your home?

The Rat. (P. H. Bulletin No. 103, 12 pages.)

This gives a summary of useful facts concerning the rat menace, and gives practical instruction regarding the extermination of these destructive and disease-bearing pests. Useful for distribution in clean-up campaigns.

Rat Proofing. (Reprint No. 122, 24 pages.)

The rat is one of America's most expensive "luxuries." He is also a disease carrier. Everyone is anxious to get rid of him but few know how. This book, with numerous illustrations, gives a practical solution for the problem.

Hay Fever and Its Prevention. (Reprints No. 349 and No. 412.)

Helpful advice and information for those who suffer from this distressing malady. The bulletins contain excellent pictures, some in color, showing the weeds responsible for the condition. Reprint No. 412 is written especially for those living in the Rocky Mountains and Pacific States.

The Safe Vacation. (Keep Well Series No. 5, pocket size, 32 pages, illustrated.)

Where to go and what to do to get the utmost benefit from your vacation at the seashore, the mountains, down on the farm, or camping out. Complete instructions in first aid in cases of drowning and other emergencies. Illustrated.

Health Almanac. (Public Health Bulletin No. 98, 42 pages.)

The death knell for the patent medicine almanac. Contains all of the essential facts found in these publications with none of the quackery. Sound advice in preventive medicine and care of the sick.

Check publications desired, write name and address in space provided, and forward to *Surgeon General, United States Public Health Service, Washington, D. C.*

The Road to Health. Keep Well Series No. 1.
Common Colds. Supplement No. 30.
Whooping Cough. Reprint No. 100.
Tuberculosis. Public Health Bulletin No. 36.
How to Avoid Tuberculosis. Keep Well Series No. 3.
Measles. Supplement No. 1.
Diphtheria. Keep Well Series No. 4.
Scarlet Fever. Supplement No. 21.
Typhoid Fever. Public Health Bulletin No. 69.
Transmission of Disease by Flies. Supplement No. 29.
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Adenoids. Keep Well Series No. 2.
Cancer. Keep Well Series No. 6.
Keeping Fit. Venereal Diseases No. 1.
Man Power. Venereal Diseases No. 6.
The Parents' Part. Venereal Diseases No. 32.
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Health Almanac. Public Health Bulletin No. 98.

Name.....

Address.....

City and State.....